

# ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4, Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133  
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

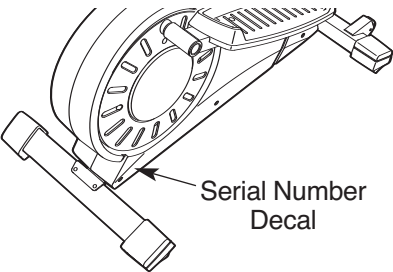
- the MODEL NUMBER of the product (PFEVEL2785.0)
- the NAME of the product (PROFORM 500 EKG elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

PROFORM is a registered trademark of ICON IP, Inc.

# PRO-FORM 500 EKG

## USER'S MANUAL

Model No. PFEVEL2785.0  
Serial No. \_\_\_\_\_



### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

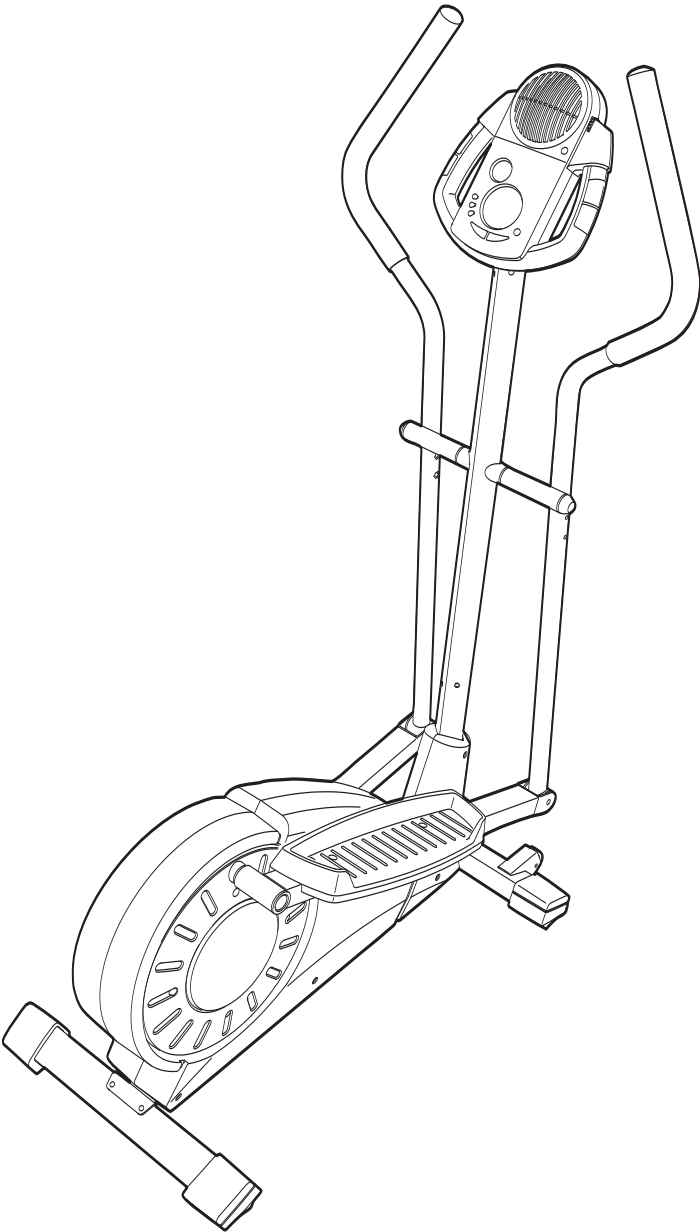
08457 089 009

Or write:  
ICON Health & Fitness, Ltd.  
Unit 4  
Revie Road Industrial Estate  
Revie Road, Beeston  
Leeds, LS11 8JG  
UK

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



Visit our website at  
[www.iconeurope.com](http://www.iconeurope.com)

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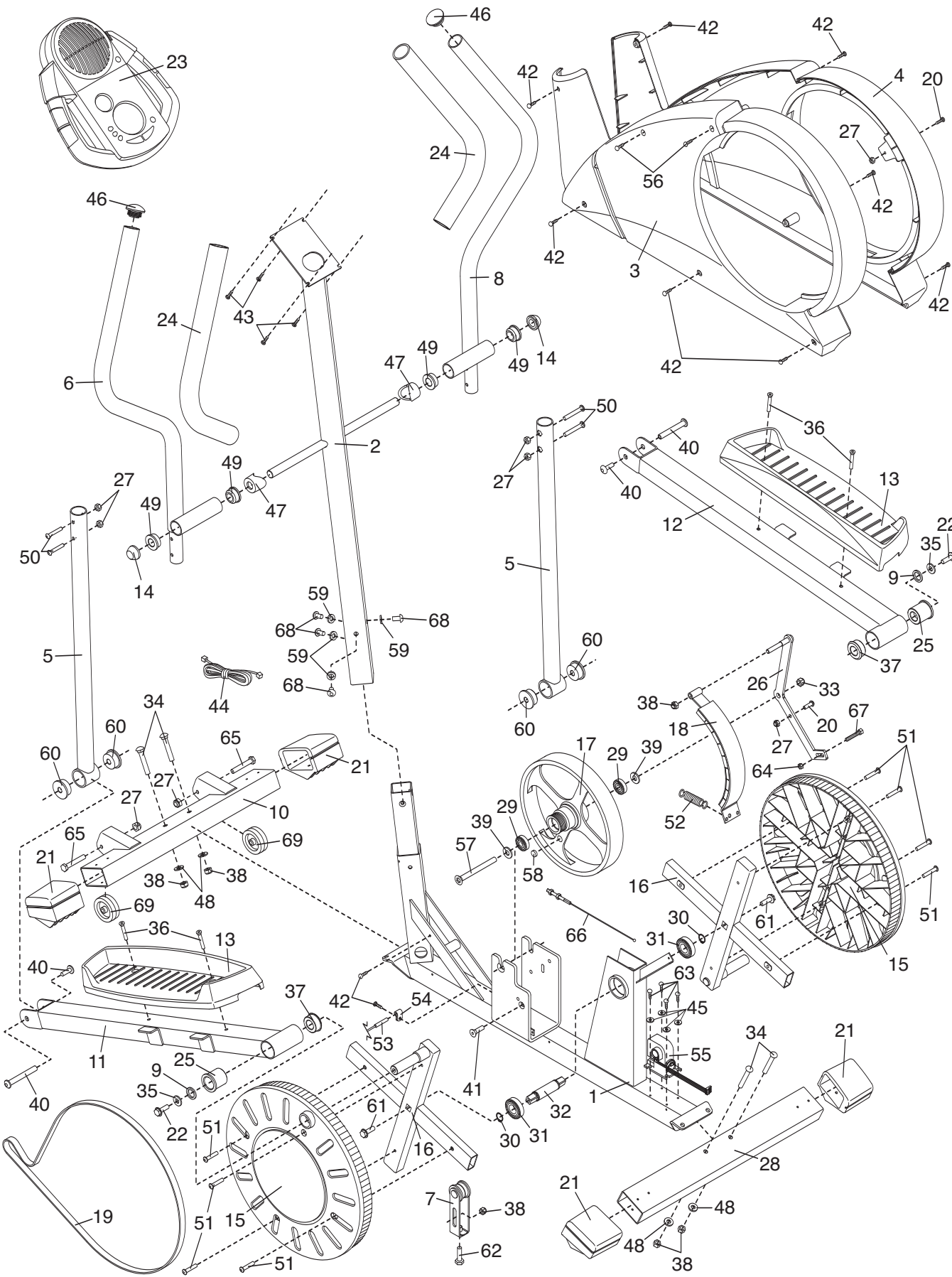
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EXPLODED DRAWING—Model No. PFEVEL2785.0 R1005A



IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser. Use the elliptical exerciser only as described.

2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use the elliptical exerciser.

4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

5. Keep children under 12 and pets away from the elliptical exerciser at all times.

6. The elliptical exerciser should not be used by persons weighing more than 115 kg (250 lbs.).
7. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection.

8. Hold the handlebars when mounting, dismounting, or using the elliptical exerciser.

9. Keep your back straight when using the elliptical exerciser. Do not arch your back.

10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

11. If you feel pain or dizziness whilst exercising, stop immediately and cool down.

12. When you stop exercising, allow the pedals to slowly come to a stop.

13. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

PART LIST—Model No. PFEVEL2785.0

R1005A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	37	2	Pedal Arm Bushing
2	1	Upright	38	6	M8 Nylon Locknut
3	1	Left Side Shield	39	2	Flywheel Washer
4	1	Right Side Shield	40	2	Pedal Arm Bolt Set
5	2	Handlebar Arm	41	1	M8 x 22mm Flat Head Screw
6	1	Left Handlebar	42	10	M4 x 16mm Screw
7	1	Idler Assembly	43	4	M4 x 20mm Screw
8	1	Right Handlebar	44	1	Upper Wire
9	2	Wave Washer	45	4	Motor Washer
10	1	Front Stabiliser	46	2	Handlebar Cap
11	1	Left Pedal Arm	47	2	Handlebar Spacer
12	1	Right Pedal Arm	48	4	M8 Washer
13	2	Pedal	49	4	Small Handlebar Bushing
14	2	Axle Cap	50	4	M6 x 38mm Button Bolt
15	2	Pedal Disc	51	8	M6 x 35mm Button Screw
16	2	Disc Crossbar	52	1	Spring
17	1	Flywheel	53	1	Reed Switch/Sensor Wire
18	1	“C”-magnet	54	1	Cable Clamp
19	1	Drive Belt	55	1	Resistance Motor
20	2	M6 x 16mm Bolt	56	2	M4 x 25mm Screw
21	4	Endcap	57	1	M10 Flat Head Bolt
22	2	M10 x 25mm Patch Screw	58	1	Magnet
23	1	Console	59	4	M8 Split Washer
24	2	Handgrip	60	4	Large Handlebar Bushing
25	2	Long Pedal Arm Bushing	61	2	5/16” x 25.4mm Hex Bolt
26	1	Resistance Bracket	62	1	M10 x 60mm Button Bolt
27	8	M6 Nylon Locknut	63	4	Motor Screw
28	1	Rear Stabiliser	64	1	M6 Nut
29	2	Flywheel Bearing	65	2	M6 x 40mm Bolt
30	2	Large Snap Ring	66	1	Resistance Cable Assembly
31	2	Large Bearing	67	1	M6 x 38mm Bolt
32	1	Pedal Axle	68	4	M8 x 19mm Button Screw
33	1	M10 Nylon Locknut	69	2	Wheel
34	4	M8 x 53mm Button Bolt	#	3	Hex Key
35	2	M10 Washer	#	1	Grease
36	4	M6 x 48mm Flat Head Screw	#	1	User’s Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

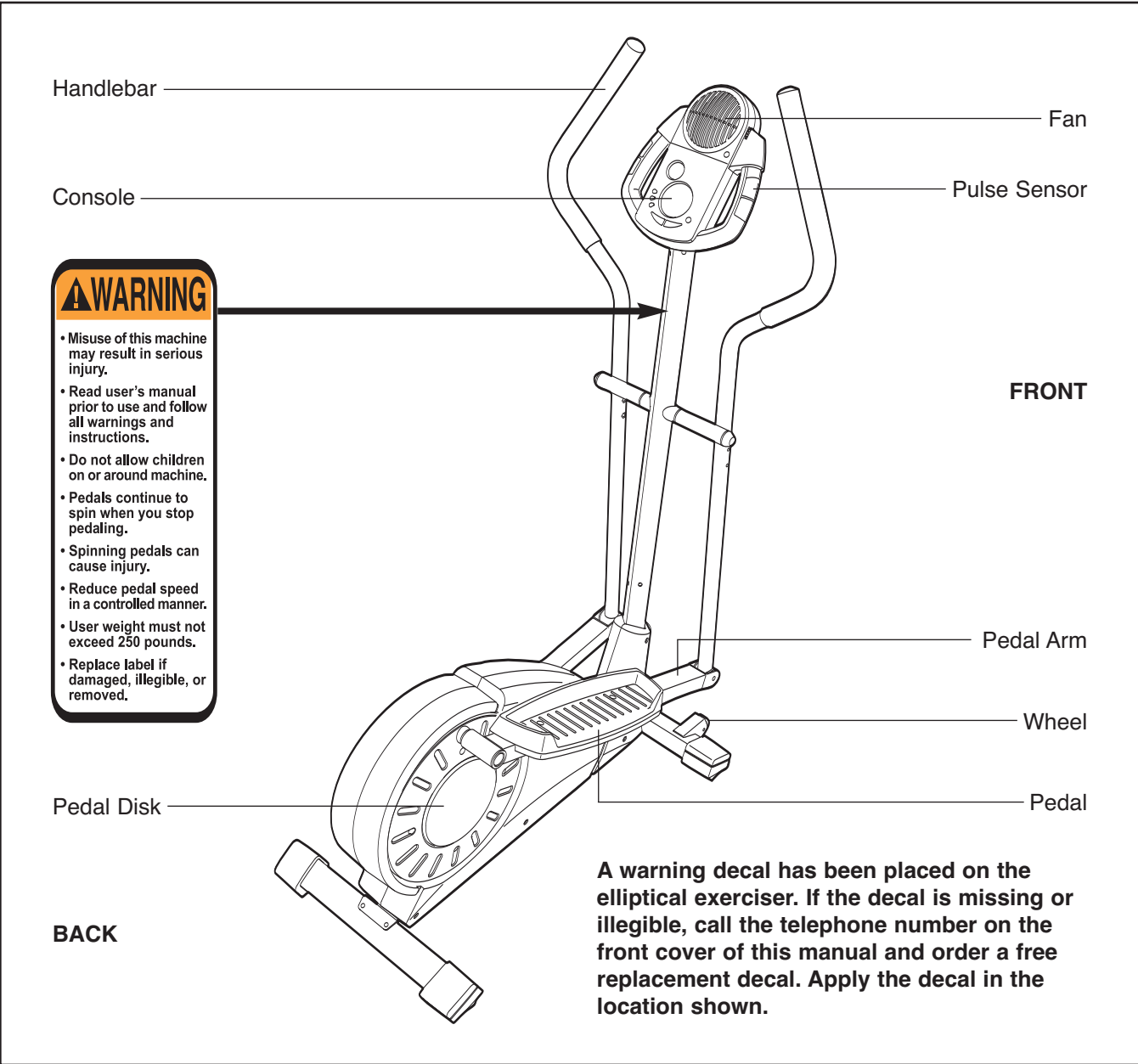
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 500 EKG elliptical exerciser. The 500 EKG elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique 500 EKG features adjustable resistance and a simple-to-use console to help you get the most from your exercise.

For your benefit, read this manual carefully before using the elliptical exerciser. If you have questions

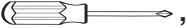


after reading this manual, please call the telephone number on the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is PFEVEL2785.0. The serial number is found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

Before reading further, please familiarise yourself with the parts that are labeled in the drawing below.

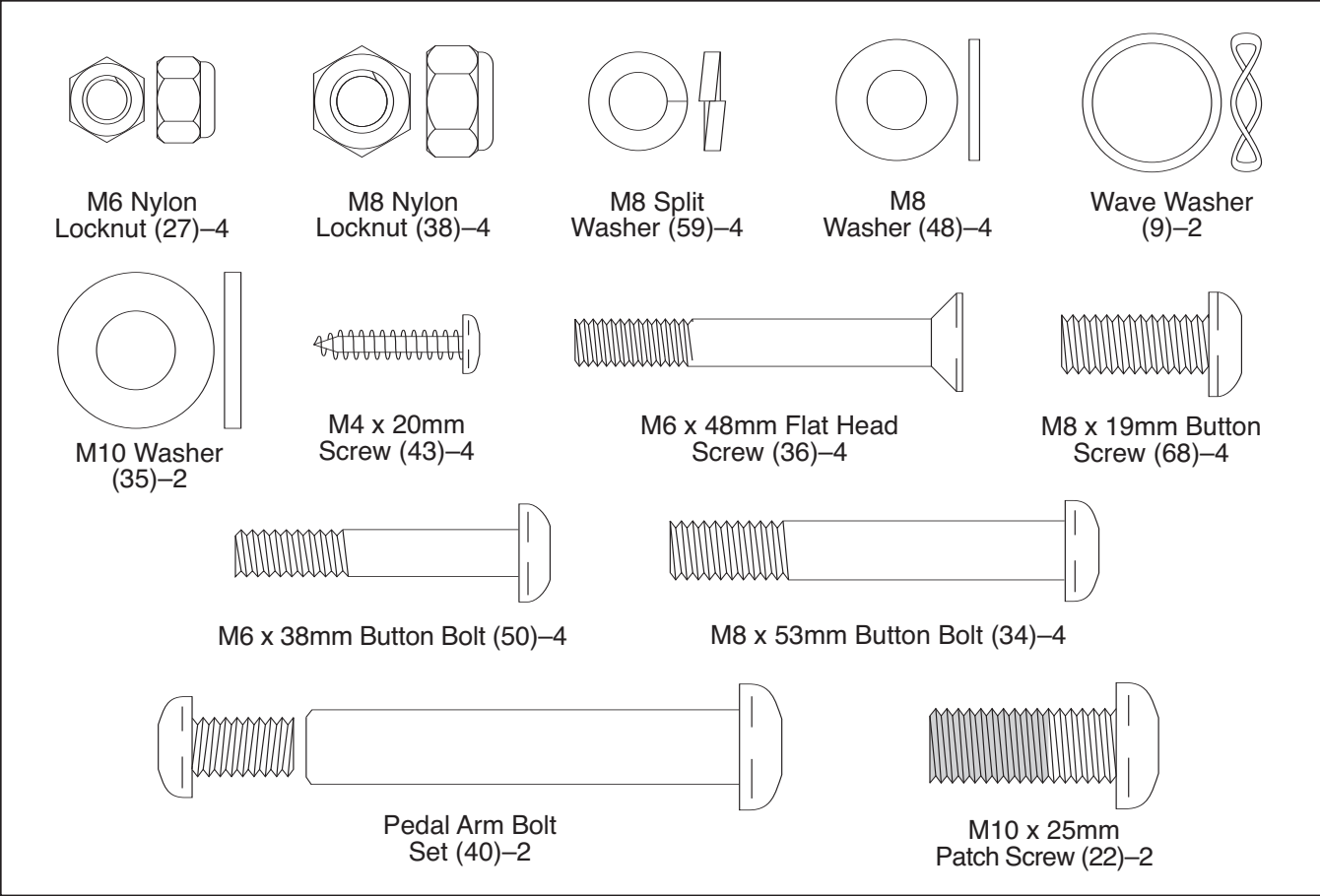




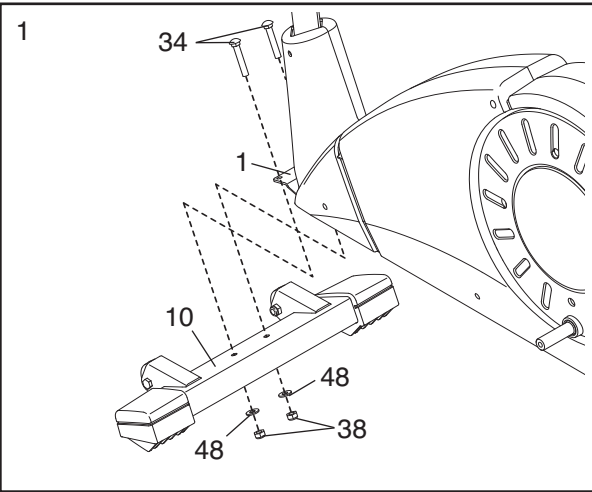
ASSEMBLY

**Assembly requires two persons.** Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires a phillips screwdriver** , **an adjustable spanner** , **and a rubber mallet** .

Use the chart below to identify the small parts used in assembly. The number in parentheses below each part is the key number of the part, from the PART LIST on page 14. The number after the parentheses is the quantity needed for assembly. **Note: Some parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preattached.**



- 1. Identify the Front Stabiliser (10). Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with two M8 x 53mm Button Bolts (34), two M8 Washers (48), and two M8 Nylon Locknuts (38).



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

**⚠ WARNING:**

**Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

**The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is between the lowest number and the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

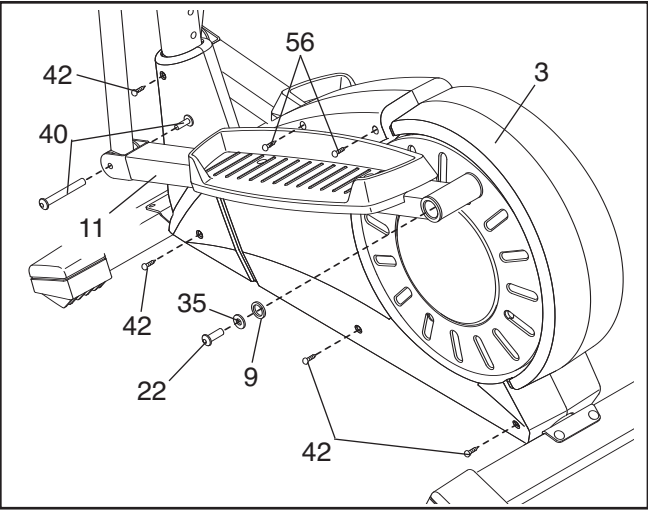
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **Important: Keep liquids away from the console, place only a sealed water bottle in the water bottle holder, and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

## BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 3 on page 5.

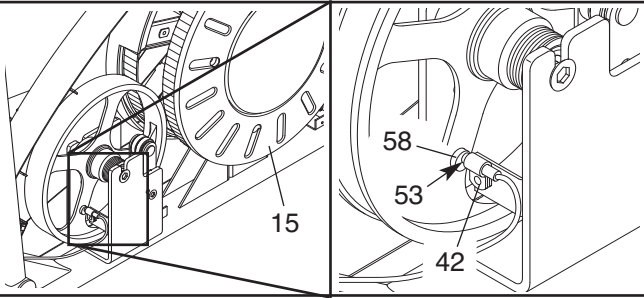
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must remove the Left Pedal Arm (11) and the Left Side Shield (3).



Remove the Pedal Arm Bolt Set (40), the M10 x 25mm Patch Screw (22), the M10 Washer (35), and the Wave Washer (9) from the Left Pedal Arm (11). Remove the Left Pedal Arm. Next, remove the two M4 x 25mm Screws (56) and the four M4 x 16mm Screws (42) from the Left Side Shield (3).

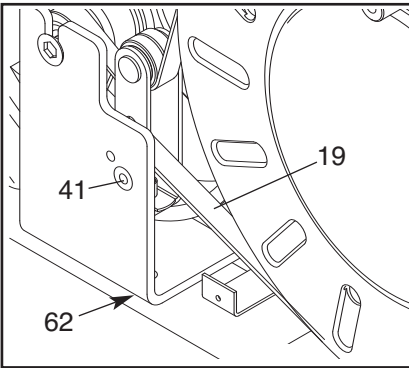
See the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm Screw (42). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel, and then retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Left Side Shield (3) and the Left Pedal Arm (11).



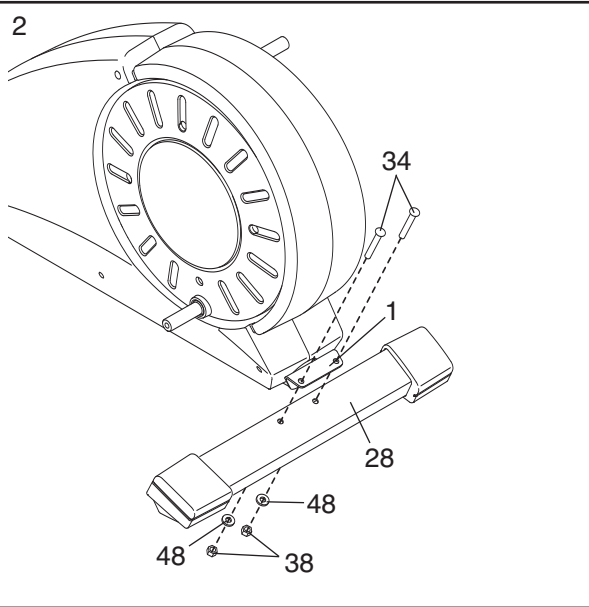
## HOW TO ADJUST THE DRIVE BELT

If the pedals slip whilst you are pedaling, even when the resistance is adjusted to the highest setting, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must first remove the left side shield. See HOW TO ADJUST THE REED SWITCH at the left and remove the left side shield.

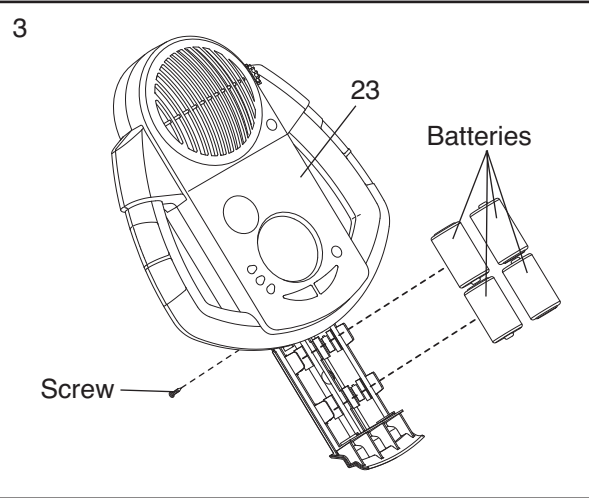
Next, loosen the M8 x 22mm Flat Head Screw (41) and turn the M10 x 60mm Button Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, retighten the Flat Head Screw. Then, reattach the left side shield.



2. Whilst another person lifts the back of the Frame (1), attach the Rear Stabiliser (28) to the Frame with two M8 x 53mm Button Bolts (34), two M8 Washers (48), and two M8 Nylon Locknuts (38).

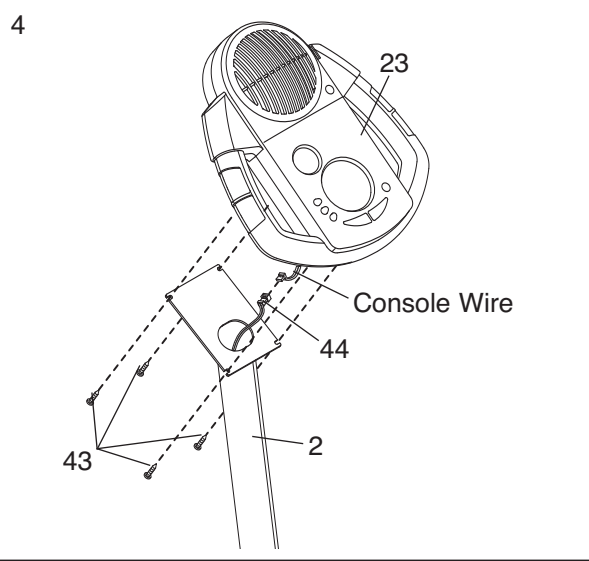


3. The Console (23) requires four 1.5V “D” batteries; alkaline batteries are recommended. Remove the screw from the battery drawer, pull the battery drawer open, and insert four batteries. **Make sure that the batteries are oriented as shown by the markings inside the battery drawer.** Close the battery drawer and reattach the screw.



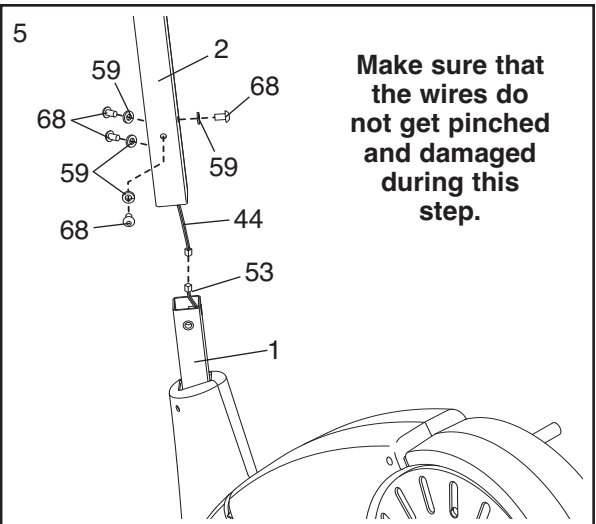
4. Have another person hold the Console (23) in the position shown. Connect the console wire to the Upper Wire (44). Next, insert the excess wire down into the Upright (2).

Attach the Console (23) to the Upright (2) with four M4 x 20mm Screws (43). **Be careful to avoid pinching the wires.**



5. Whilst another person holds the Upright (2) near the Frame (1), connect the Upper Wire (44) to the Sensor Wire (53).

Push the excess wire down into the Frame (1). Slide the Upright (2) onto the Frame. **Be careful to avoid pinching the wires.** Attach the Upright with four M8 x 19mm Button Screws (68) and four M8 Split Washers (59). **Do not tighten the Button Screws yet.**

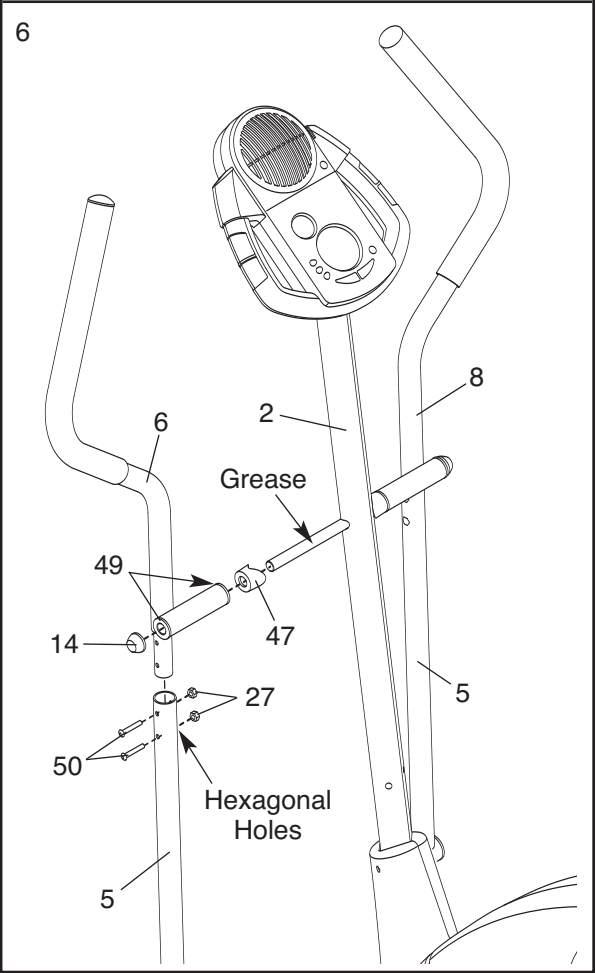


6. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Arms (5); **make sure that the Handlebar Arm is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar to the Handlebar Arm with two M6 x 38mm Button Bolts (50) and two M6 Nylon Locknuts (27). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

Apply a small amount of the included grease to the left axle on the Upright (2).

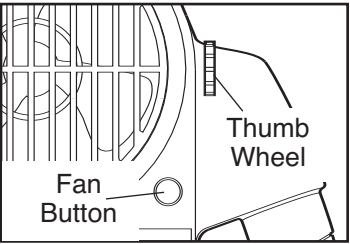
Make sure that there are two Small Handlebar Bushings (49) in the Left Handlebar (6). Slide a Handlebar Spacer (47) and the Left Handlebar onto the left axle on the Upright (2) as shown. **Make sure that the Handlebar Spacer is turned so the curved side is facing the Upright.** Tap an Axle Cap (14) onto the axle.

Repeat this step to assemble the Right Handlebar (8) and the other Handlebar Arm (5).



**5 Turn on the fan if desired.**

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off the fan, press the fan button a third time. Note: If the fan is turned on and the pedals are not moved for about half a minute, the fan will turn off to conserve the batteries.



Rotate the thumb wheel on the right side of the console to pivot the fan to the desired angle.

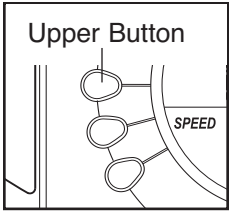
**6 When you are finished exercising, the console will automatically turn off.**

If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display.

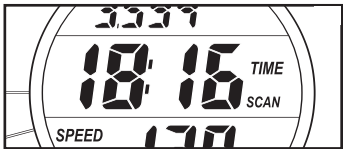
If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off to conserve the batteries.



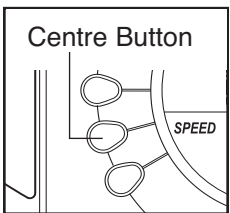
To view only the distance you have pedaled or the number of calories or fat calories you have burned, press the upper button on the left side of the large display until only the word DISTANCE, CALORIES, or FAT CALS appears in the upper section of the large display; make sure that the word SCAN does not appear. To again view the distance you have pedaled and the numbers of calories and fat calories you have burned, press the upper button until the word SCAN reappears.



**The centre of the large display** will show the elapsed time and your current pace (pace is shown in minutes per mile in this section of the large display). The display will change from one number to the other every few seconds.



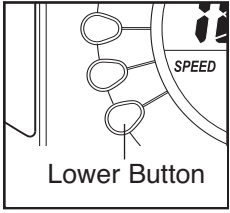
To view only the elapsed time or your pace, press the centre button on the left side of the large display until only the word TIME or PACE appears; make sure that the word SCAN does not appear. To again view both the elapsed time and your pace, press the centre button until the word SCAN reappears.



**The lower section of the large display** will show your pedaling speed and the resistance level. The display will change from one number to the other every few seconds.



To view only your pedaling speed or the resistance level, press the lower button on the left side of the large display until only the word SPEED or RESISTANCE appears; make



sure that the word SCAN does not appear. To again view both your pedaling speed and the resistance level, press the lower button until the word SCAN reappears.

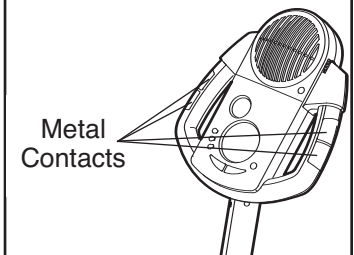
To reset the displays, press the On/Reset button.

**Note: The console can show speed and distance in either miles or kilometers.** The letters MPH or KM/H will appear in the lower section of the large display to show which unit of measurement is selected. To change the unit of measurement, hold down the On/Reset button for about six seconds. Note: When the button is held down, the fan will turn on for a moment. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

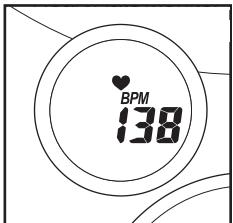


**4 Measure your heart rate if desired.**

**If there are thin sheets of plastic on the metal contacts on the handgrips, peel off the plastic.** To use the handgrip pulse sensor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands.**

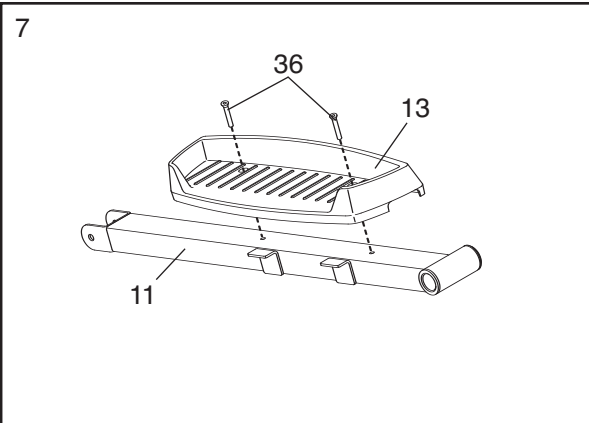


When your pulse is detected, the heart-shaped indicator in the small display will flash each time your heart beats. After a moment, two dashes (--) will appear and then your heart rate will be shown. For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.



7. Identify the Left Pedal Arm (11). Attach a Pedal (13) to the Left Pedal Arm with two M6 x 48mm Flat Head Screws (36) as shown.

Attach the other Pedal to the Right Pedal Arm (not shown) in the same way.



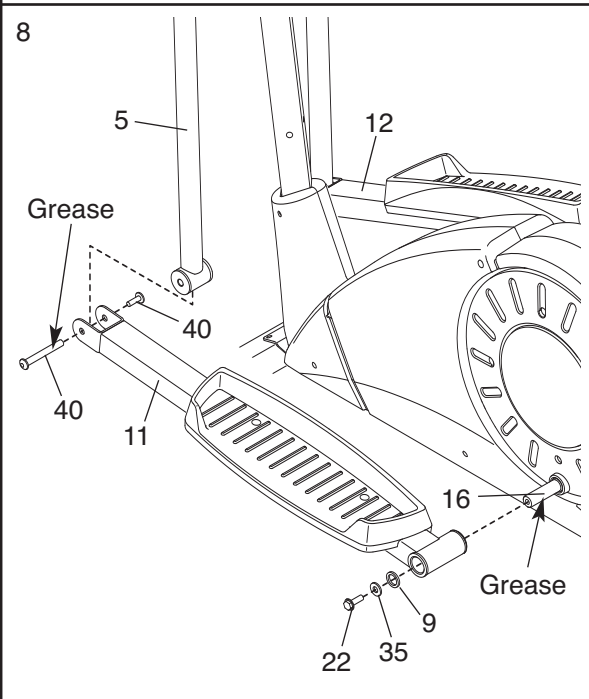
8. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) and a Wave Washer (9) onto the axle. Next, slide an M10 Washer (35) onto an M10 x 25mm Patch Screw (22), and tighten the Patch Screw into the axle.

Next, hold the lower end of the left Handlebar Arm (5) inside of the bracket on the Left Pedal Arm (11). Apply grease to a Pedal Arm Bolt Set (40). Attach the Left Pedal Arm to the left Handlebar Arm with the Bolt Set. **Do not overtighten the Bolt Set; the Handlebar Arm must pivot freely.**

Attach the Right Pedal Arm (12) to the right side of the elliptical exerciser in the same way.

See step 5. Tighten the M8 x 19mm Button Screws (68) in the Upright (2).

See step 6. Tighten the M8 x 38mm Button Bolts (50) in the Handlebar Arms (5).



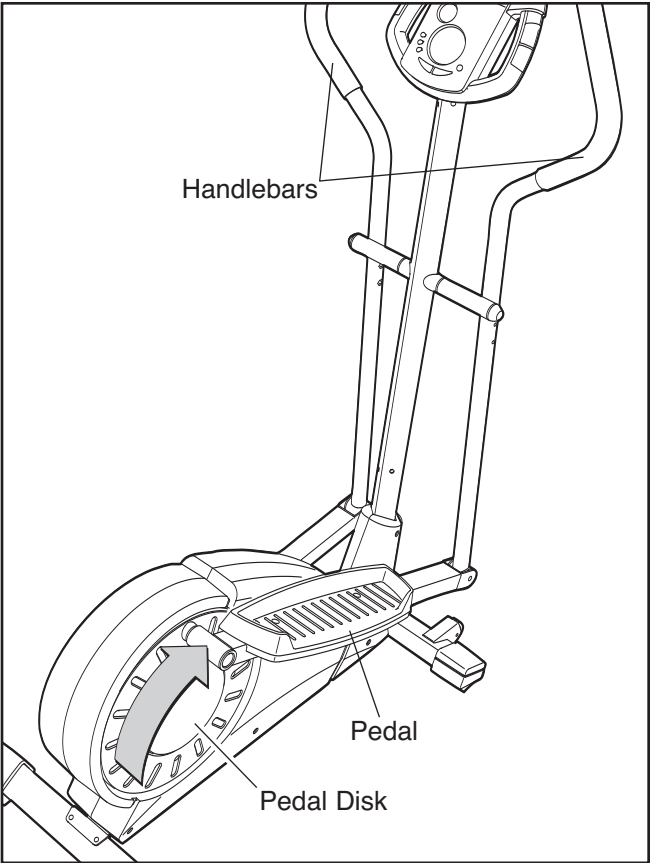
9. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

# HOW TO USE THE ELLIPTICAL EXERCISER

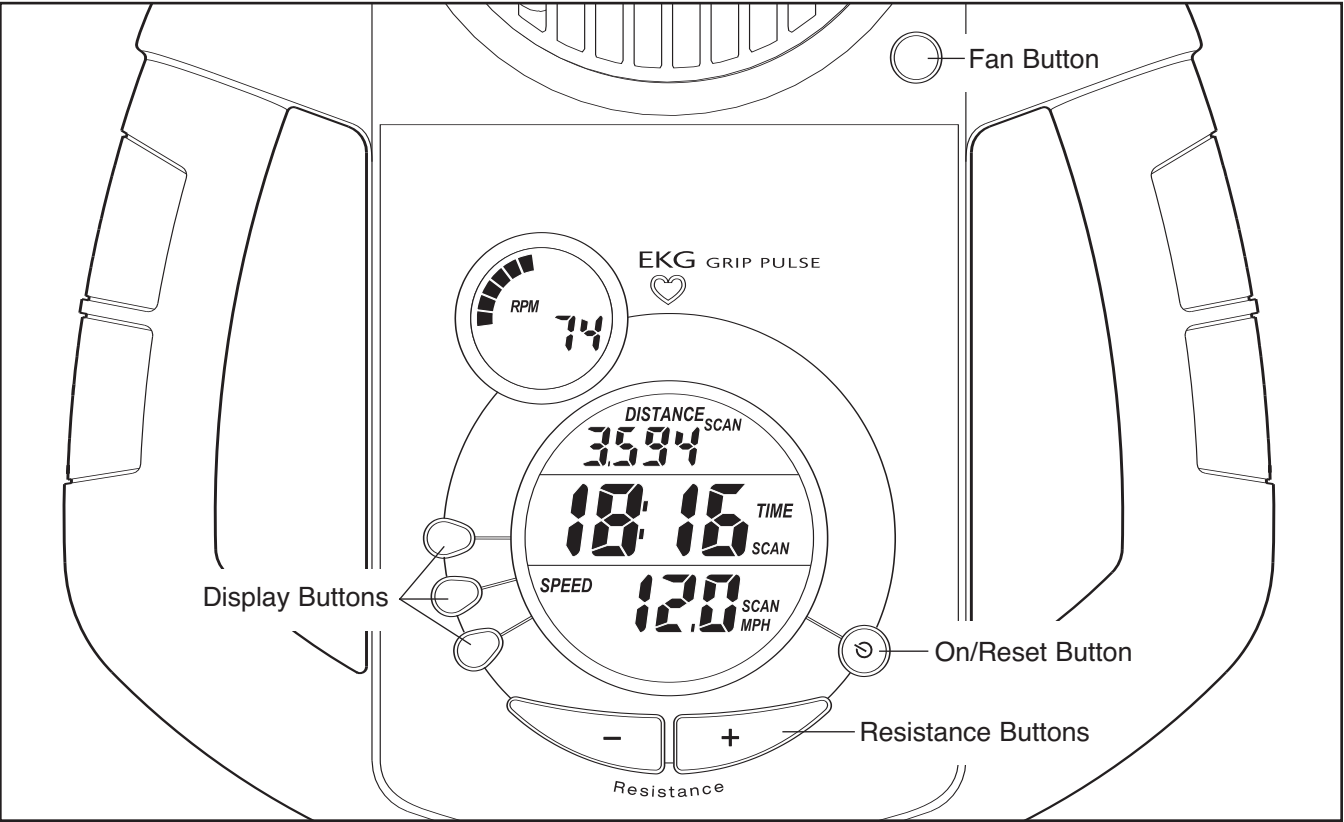
## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note:** The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow; however, for variety, you may turn the pedal disks in the opposite direction.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note:** The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops. When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.



## HOW TO OPERATE THE CONSOLE



The easy-to-use console offers a selection of features designed to help you get the most from your workouts. Follow the instructions below to operate the console.

### 1 Turn on the console.

**Note:** The console requires four 1.5V “D” batteries. See assembly step 3 on page 5 for battery installation instructions.

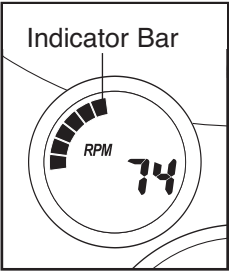
To turn on the console, press the On/Reset button (see the drawing above to identify the On/Reset button). **Note:** Moving the pedals is another way to turn on the console.

### 2 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the + and – buttons below the large display. There are ten resistance levels—level 10 is the most challenging. **Note:** After the buttons are pressed, it will take a few seconds for the resistance to reach the selected setting.

### 3 Follow your progress with the small display and the large display.

**The small display** will show your pedaling pace, in revolutions per minute (RPM). The indicator bar in the small display will increase or decrease in length as you increase or decrease your pedaling pace. **Note:** When you use the handgrip pulse sensor, the small display will show your heart rate (see step 4 on page 10).



**The upper section of the large display** will show the distance you have pedaled and the numbers of calories and fat calories you have burned (see FAT BURNING on page 13 for an explanation of fat calories). The display will change from one number to the next every few seconds.

